

Your Health Report Card

This seven-page Health Report Card has been put together by medical and health professionals to help reduce your personal health risks. Attention to health risk factors will guide your own health promotion and disease prevention. Seek the advice of an appropriate medical or health professional for each question with a “no” answer. **Taking care of you is the first goal in staying healthy!**

Scoring: Score 1 point for each YES answer.
Your Score: _____

60+ Points:	You are practicing an excellent lifestyle! Congratulations!
47-59 Points:	Make a few changes you will be practicing a positive lifestyle.
34-47 Points:	You need to change some of your habits so that you will succeed in practicing a positive level of wellness.
Below 20 Points:	Your health habits are poor. Your wellness could be in jeopardy. You should seriously consider making positive changes to improve your lifestyle.

Participant Name: _____

Your Health Report Card These are generally accepted guidelines. If your physician wants you to have an more or less frequently, follow the advice of your physician.

	Yes	No	Date/Update Comments
I have a complete Health Physical Exam by an MD:			
Under 40 every 4 years or at the advice of my physician.			
40 to 50 every 2 years or at the advice of my physician.			
50 every year or at the advice of my physician.			
Yearly I see a professional health care provider to screen for:			
Blood chemistry including electrolytes and cholesterol			
Urinalysis			
Blood Count			
Stool hemocult to check for blood. Age 40 + unless history dictates otherwise.			
Sigmoidoscopy. check for colon cancer, 50+ or sooner if positive family			
Men Prostate Exam			
PSA (at age 50 annually)			
Women: Mammogram if family history, or biennial age 40-50, then yearly.			
Breast Exam (monthly)			
Pap Smear (frequency recommended by MD)			
Eye Exam			
Dental Exam			
Immunizations			
Hepatitis A (2 doses required)			
Hepatitis B (3 doses required)			
Influenza: Adults 50 years + those younger with chronic illnesses/at high risk.			
Measles, Mumps, Rubella (MMR) 2 doses required.			
Pneumococcal (1 dose recommended at 65 years of age)			
Tetanus, Diptheria (TD) 3 dose initial series if not given in childhood. Booster series every 10 years thereafter or if tetanus prone would, every five years.			
Varicella for susceptible individuals – 2 doses required.			
My Cardiovascular Health for Heart Disease and Hypertension Prevention includes:			
I get my cholesterol checked regularly. Begin age 45, sooner if family history.(Cholesterol < 200 mg/dL (240mg/dL or above is considered high)HDL Levels of 45 mg/dL or above. (HDL < 35 mg/dL not desirableLDL level <130 mg/dL or <100 mg/dL if you have heart disease.)			
I check my blood pressure regularly. (Blood pressure of 140/90 or more is high blood pressure. Normal blood pressure is about 120/80.)			
I am a non-smoker and non-user of other tobacco products.			
I do not drink alcohol (Mark NA in the Yes Column for next two questions)			
I never drink alcohol on an empty stomach.			
If I drink alcohol, I drink two glasses or less a day (for a man), or one glass or less (for a woman).			
My Body Mass Index Range is within a healthy weight (see chart on Page 5).			
If I have Diabetes, I monitor and control my blood levels.(Leave blank if NA).			
I own a good pair of athletic shoes to help protect my feet and I wear loose, comfortable clothing when exercising.			
I engage in aerobic exercise at least three times per week.			
I perform strength training exercises or strength-building activities at least			
I perform stretching exercises at least three times per week.			

Your Health Report Card is designed to educate the participant on good health habits and shows the participant what he or she should be doing to meet the “check-up” recommendations for good health status.

Nutrition	Yes	No	Date/Update Comments
I cut down on fatty foods, especially foods high in saturated/cholesterol fats .			
I consume 5 or more servings of fruits and vegetables each day.			
I drink 6-8 glasses of water / fluids not caffeine or carbonated, every day.			
I eat 6 to 11 servings of grain foods per day including whole grains.			
I have 25 to 35 grams of fiber in my diet each day.			
I reduce salt in my cooking, use herbs, spices or lemon juice at the table in place of salt and avoid foods high in sodium.			
I take a daily multi-vitamin and/or prescribed nutritional supplements.			
Dental Health			
I brush my teeth at least daily with a fluoride toothpaste.			
I floss at least daily.			
I scrape my tongue with a tongue scrapper at least daily.			
Pharmacy			
I maintain a prescription and over-the-counter medication history.			
I always take medications exactly as prescribed by my doctor and/or written instructions by my pharmacist.			
Injury, Safety and Personal Environment Control			
I always fasten my seat belt when in an automobile.			
I do not drive if I have been drinking alcohol and/or refuse to let others who have been drinking to drive.			
I follow all the cautions when I am using sedating prescriptions.			
I know the meaning of and do not participate in illicit drug use.			
I am aware of and do not engage in unsafe sex practices.			
I understand the reasons when HIV screening may be necessary.			
I do/do not possess guns & weapons. I understand how to keep them secured.			
I have smoke alarms/fire extinguishers in my home and I check them yearly.			
My home/work environment provides cautions from toxic exposure.			
I am aware of which chemicals, medicines, and harmful materials need to be secured and properly stored in my home.			
I work in a non-stressful environment or have an opportunity to express problems when they arise.			
I always use safety equipment when I am working.			
I prevent heat exposure by drinking plenty of fluids and not working directly in the sun without proper head, eyes and clothing coverage.			
I take frequent rest periods out of the sun or heat when I am outdoors.			
I always use a sunscreen when I am outdoors.			
I always use insect control measures when I am outdoors.			
I prevent cold exposure by dressing in layers. I can access extra blankets.			
I try to go to bed the same time each night to improve my sleeping habits.			
I make sure my sleeping environment is comfortable (not too hot or too cold, quiet and dark if possible).			
I usually get a minimum of 8 hours of uninterrupted sleep every night.			
I do not use drugs or alcohol to relieve stress.			
I meditate 20 minutes twice a day.			
I practice relaxation therapy and biofeedback for stress management.			
I know not to mix raw and cooked foods, in order to avoid food contamination and possible food poisoning.			
I make sure my cold foods stay cold, frozen foods are not re-frozen, hot foods are cooked to the proper temperatures and are kept at the proper holding temperatures, and leftover are used only once.			

Here's what 35 grams of fiber, the recommended daily intake looks like in real food

Meal	Food	Serving Size	Fiber (grams)
Breakfast	High-fiber cereal	1 ounce	12
	Banana	½	1
Lunch	Whole-wheat bread	2 slices	4
	Lettuce	1 leaf	1
	Tomato	2 slices	1
	Apple	1 medium	3
Dinner	Baked potato	1	4
	Cooked peas	1/2 cup	2
	Lettuce salad	1/2 cup	1
	Strawberries	1 cup	3
Snack	Peanuts	1 ounce	3
Total fiber grams			35

35 Grams and Counting (from ADA: Campaigns -- Fiber)

Healthy Hint

**Sprinkle bran in your salads, soups and other foods.
Fiber helps to lower weight and cholesterol.**

Target Heart Rates During Exercise

Elevate heart rate to 50-80% of the age related maximal heart rate

Age	Beats per Minute	
20	160	
30	152	
40	144	
50	136	
60	128	(220 – your age) x 80%
65	124	
70	120	
75	116	
80	112	
85	108	
90+	104	

Healthy Hint

**Exercise a minimum of 30 minutes a day,
6 days a week**

Body Mass Index (BMI) Chart

1. Locate your height in inches in the left column.
2. On the same line as your height, look to the right to find your weight.
3. After locating your weight, look to the top of the column for a figure. This is your BMI.

Body Mass Index (BMI)																	
Height	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'00"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'01"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'02"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'03"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'04"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'05"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'06"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'07"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'08"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'09"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'00"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'01"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'02"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'03"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6'04"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

If your BMI falls between 18.5 and 24.9, you're in the healthy range. If your BMI is 25 or greater, you're considered overweight. If you're BMI is 30 or greater, you're considered obese. For women, a waist measurement of more than 35 inches is associated with higher health risks.

Allowable Body Fat

Maximum allowable percent body fat standards are as follows:

Gender	Ages 17-20	Ages 21-27	Ages 28-39	Ages 40+
Female	30	32	34	36
Male	20	22	24	26

From *All Ranks Personnel Handbook*, Issue 15, 4 March 1994, 101, AR 600-9

Healthy Hint

Ask the help of a health care professional such as a physician, dietitian or physical therapist to measure your percent of body fat and/or to advise you on seeking the right exercise programming and/or nutritional diet regime to improve your personal weight goal and percent of body fat.

Health Care Professionals

DOCTORS		
Doctor of Medicine	MD	Provides general health care and uses all accepted methods of medical care. Treats diseases and injuries, provides preventive care and checkups, prescribes drugs, and does some surgery.
Osteopath	DO	Provides general health care. Does treatments, some surgery, and prescribes drugs. May manipulate muscles and bones to treat specific problems.
Physician Assistant	PA	Works in doctors' offices or hospitals, performs examinations and diagnostic tests, takes medical histories, and develops treatment plans.
SPECIALTIES		
Geriatrician	MD	Physician, usually an internist or family practitioner, who has received further training, specializing in the treatment of older individuals.
Family Practitioner	MD or DO	Provides comprehensive health care of all members of the family on an on-going basis, regardless of age or sex.
Internist	MD	Specializes in the diagnosis and medical treatment of diseases in adults. They do not perform surgery or deliver babies.
Cardiologist	MD	Heart specialist
Dermatologist	MD	Skin specialist
Endocrinologist	MD	Specializes in disorders of the glands of internal secretion, such as diabetes
Gastroenterologist	MD	Treats diseases of the digestive tract.
Gynecologist	MD	Treatment of the female reproductive system.
Oncologist	MD	Specializes in tumors and cancer treatment.
Physiatrist	MD or DO	Doctor of Physical Medicine. Non-surgical practitioner specializing in physical medicine or physical therapy.
Rheumatologist	MD	Treats arthritis and rheumatism.
Urologist	MD	Specializes in the urinary system, including the bladder and kidneys of both sexes, and the male reproductive system.
MEDICATIONS		
Pharmacist	Ph	Dispenses drugs according to formal instructions of physicians, surgeons, dentists, and podiatrists, by legal authority. Provides information about medications and non-prescription items. Plays a vital role in correct usage and drug interactions.
BONES/MUSCLES		
Orthopedist	MD or DO	Surgeons who operate on and treat problems of bones, joints, muscles, ligaments, and tendons.
Chiropractor	Licensed	Practice is limited to adjustment or manipulation of the spinal column, its adjacent tissues and the musculoskeletal structure of the body.
Occupational Therapist	OT	Helps rehabilitate persons who have become handicapped as a result of ailments such as arthritis, recent surgery, or loss of mobility. Under a physician's order, may provide exercise programs and adaptive equipment to improve function and independence.
Physical Therapist	PT	Treats diseases related to impaired movement. Treatments used are exercise, heat, cold, or water therapy, or muscle strengthening.
NURSES		
Nurse Practitioner	NP	A registered nurse who has received advanced training and education. Can perform physical examinations and diagnostic tests, counsel patients, and develop treatment programs.
Registered Nurse	RN	Health care professional who may work in a doctor's office, hospital, or clinic. Provides home care or nursing home care.
Practical Nurse	LPN	Health care professional with one year of education beyond high school. Works in a doctor's office, hospital, clinic, or nursing home. Limited role in health care. Does not work independently.

Health Care Professionals

FEET		
Podiatrist	DPM	Diagnoses, treats, and prevents diseases and injuries of the feet. May do surgery, makes devices to correct foot problems, provide toenail care, and prescribe certain drugs.
MOUTH		
Dentist	DDS	Treats gum disease and tooth decay. Provides dentures and checks for cancer of the mouth. Specialists in dentistry include oral surgeons, endodontists (perform root canals), and periodontists (treat gum disease).
NUTRITION		
Registered Dietitian	RD	Provides medical nutrition therapy, and assists in preventing diseases.
MENTAL HEALTH		
Psychiatrist	MD	Treats mental and emotional difficulties. Prescribes medication, counsels patients, and performs diagnostic tests.
Clinical Psychologist	PhD	Provides counseling for mental and emotional problems. Does not prescribe medications.
Social Worker	MSW	Alerts patients to community services, arranges counseling, and helps patients handle physical and mental illness problems.
HEARING/SPEECH		
Speech/Hearing Clinician	Certified	Evaluates, diagnoses, and treats speech, language, and communication problems.
Audiologist	MS Licensed	Diagnoses, evaluates, and treats hearing disorders. May recommend hearing aids and dispense them.
Otolaryngologist or otorhinolaryngologist	MD	Ear, Nose, and throat specialist.
Hearing Aid Specialist	Licensed	Tests hearing, determines hearing aid candidacy. Selects, fits, dispenses, and counsels on the use of hearing instruments.
Speech and Language Pathologist	MS Licensed	Works with speech and language problems including testing, evaluation, and planning of therapy.
VISION		
Ophthalmologist	MD	"Eye surgeon" who diagnoses and treats diseases of the eye. May prescribe glasses or contact lenses.
Optometrist	OD	Vision care specialist who diagnoses and treats eye diseases and prescribes and supplies eye glasses and contact lenses.
Optician	Licensed	Fits, supplies, and adjusts eyeglasses and contact lenses prescribed by above. Cannot examine or test the eyes or prescribe glasses or medications.

List your medical professionals.

Name	Phone	Specialty

Healthy Hint

**The best way to avoid getting and spreading germs:
Always wash your hands with soap and water for
20 second after using the toilet.**